



Newsletter Friday 10th May 2024

Kingmoor Nursery and Infant School

LUNCH ORDERING

Please can we remind all parents you are not able to book or change your child's lunch on the day.

Nursery lunches must be booked and paid in advance and please all parents be aware that you can now book lunches up to the end of the summer term.

If a lunch has not been selected for the day then your child will be ordered a cheese sandwich as the kitchen need to be aware of what they are to make before 9am on the day and we will not be able to alter selections.

Open Reading Session



On Monday 13th May, we will be having one of our open reading sessions in school. Parents/carers are invited to come in and join their child/ren with reading and enjoying a book in the classroom.

Reception, Year 1 and 2 parents can come in from 3pm until 3:25pm. Nursery parents are invited in from 9am until 9:30am and 2:30pm until 3:00pm.

We need your help....



We need your help.....

The School Ambassadors would like to invite you to design a logo.

We are taking part in a social enterprise project with Bendalls Engineering and will be hosting a summer event! We would like you to design a logo that symbolises our school and Bendalls working together. We will use the winning logo on our posters and information.

Please hand your entries to your class teacher by Friday 17th May



Uniform Ordering

Please order Nursery or Infant School uniform for next academic year through EDUSPOT by 31st May to ensure delivery to school before the end of this school year. A further order will be placed in July but this will not arrive in school until September.

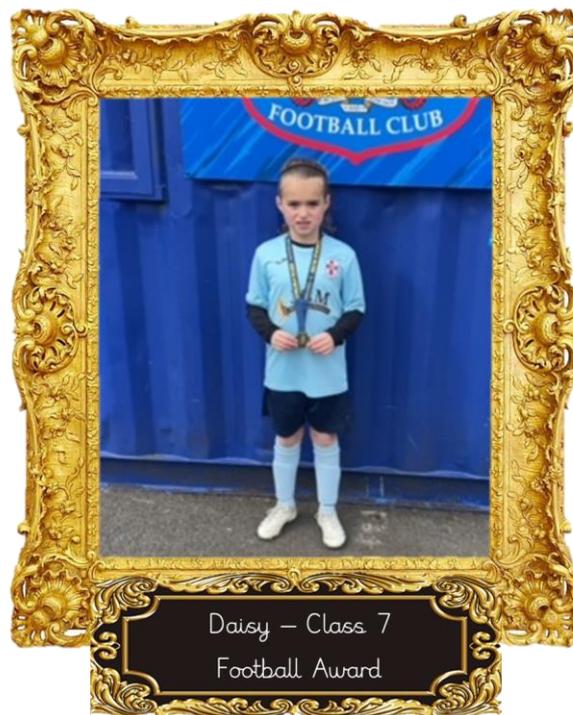
If you require a password reminder for Eduspot please contact the school office.

Talents & Achievements

Lovely to see all our talented children this week, well done!

Remember to email your child's photo or put on Tapestry for their teacher if you would like to celebrate their achievements.





Attendance

Well done as the attendance in school this week was better than last week and was 96.3%!

Makaton



<https://sway.cloud.microsoft/2BtGKKnBMnF3Njiv#content=0Q7Sfex6RZ2LcL>

1 - bed- hand next to face, Palm facing away from face



<https://sway.cloud.microsoft/2BtGEKnBMnF3Njiv#content=BhM0qWIKfn4jky>

2 - Eat- pinched fingers double tap at the mouth

Have a go at our collection of really useful Makaton signs.

www.bbc.co.uk

Stars of the Week!

This half term our Learning power is 'Collaboration'



Nursery Stars: Luna Jaxon Charlie Lilly

Lunchtime award: Seb D Evan C

Class 1 Star: Henry

Lunchtime award: Alethea S

Class 2 Star: Paige

Lunchtime award: Brett B

Class 3 Star: Maia

Lunchtime award: Ethan S

Class 4 Star: Jorgie-Mae

Lunchtime award: Lilly H

Class 5 Star: Ollie

Lunchtime award: Olivia H

Class 6 Star: Yasmin

Lunchtime award: Naomi W

Class 7 Star: Kayden

Lunchtime award: Thomas R

Class 8 Star: Emily

Lunchtime award: Ava M

Class 9 Star: Harry

Lunchtime award: Jayden G

Term Dates

Monday 13 th May	Open reading session in school – Reception, Year 1 & Year 2	3pm
	Open reading session in school – Nursery	9am & 2.30pm
Tuesday 14 th May	RAF STEM Challenge Day – Year 2	
Friday 24 th May	Last day of term	
Monday 3 rd June	First day of term	

Menu for week commencing 13th May 2024

1.	Choice 1	Choice 2	Pudding
Monday	Ham or Cheese & Tomato Pizza served with wedges & baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or Fresh Fruit or yogurt
Tuesday	Sausage (Pork) or Veggie Sausage served with creamed potato, sweetcorn & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or yoghurt
Wednesday	Roast of the Day Ham or Quorn Fillet Local roast ham with Yorkshire pudding, roast potatoes, carrots & peas, and gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Beef Pasta Bolognese or Sweet Tomato Pasta served with Garlic Bread & Green Beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or Fresh Fruit or yoghurt

Parents, please remember to order your child's lunch by Sunday night at the latest as you are unable to book lunches on the day.

Information



One minute guide to...

Whooping Cough (Pertussis)

What is it?
In recent years, cases of whooping cough (pertussis) have risen sharply across the UK. It is a serious disease caused by a bacterial infection in the lungs or breathing tubes that causes long bouts of coughing and choking, making it hard to breathe. The 'whoop' noise is caused by gasping for breath after each bout of coughing. Young babies and children are most at serious risk from whooping cough and so it is very important for this age group to be vaccinated against the disease.

Symptoms:
The first signs of whooping cough are similar to a cold, such as a runny nose and sore throat.
After about a week:

- bouts of coughing last for a few minutes and are worse at night. This cough may last several weeks or months.
- 'whoop' sound (a gasp for breath between coughs) can be heard especially infants.
- difficulty breathing after coughing. Infants may turn blue/grey; adults may be very red in the face.
- bringing up a thick mucus that can cause vomiting.

What to do if you or your child has symptoms:

- NHS recommends to either call your GP (as it spreads so easily) for advice.
- **Check symptoms on 111 online** (for children aged 5 and over) or call 111 (under 5yrs).
- Go to A & E or Call 999 if your child has difficulty breathing, chest pain, is grey/blue in colour or has a seizure (fit).

Treatment: Depends on your age and the length of time of infection. Under 3 weeks antibiotics will be given to prevent spread (but symptoms may still be present)

How to ease symptoms (once advice/treatment has been given):

- get plenty of rest.
- drink lots of fluids
- take **paracetamol** OR **ibuprofen** (not together if under 16yrs) to relieve discomfort

STAY OFF SCHOOL, WORK OR NURSERY UNTIL 48 HOURS AFTER STARTING ANTIBIOTICS, OR 3 WEEKS AFTER YOUR SYMPTOMS STARTED WITH NO ANTIBIOTIC TREATMENT.

Vaccination:

- Get vaccinated during pregnancy – this provides antibodies for protection of your baby during the first few weeks of life when whooping cough is most serious.
- The vaccine (Boostrix IPV that also contains diphtheria/ tetanus/polio and whooping cough) is available from your GP/midwifery team and may be offered it at a routine antenatal appointment from around 16 weeks of your pregnancy. Don't forget to discuss with your midwifery team if you have not been offered it.
- The earliest your baby can receive the vaccine themselves is at two months, as newborn babies do not respond well to the vaccine (and they need 3 doses). Breastfeeding alone will not protect your child from whooping cough before their first injection, as not enough immunity is passed in the breast milk to your baby

Further Information:
NHS: <https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>
UKHSA: <https://www.gov.uk/government/publications/resources-to-support-whooping-cough-vaccination/whooping-cough-vaccination-in-pregnancy-guide>
Guide developed by Education IPC, Public Health & Communities




Working for Cumberland Council and Westmorland & Furness Council



15 hours free childcare for Working families of 9 months old

Check if you're eligible!

www.gov.uk/apply-free-childcare-if-youre-working

Visit the webpage or scan the QR code to apply.

From September 2024 eligible working parents of children 9 months old will be able to access 15 hours of free childcare.

Each parent, and any partner would need to be working and earning the equivalent of 16 hours a week at national minimum/living wage (at least £167 per week) and be under £100,000 net income per year.



When to apply

Child is eligible on or before	Child can start	Best time to apply
31 December	January	15 October - 30 November
31 March	April	15 January - 28 February
31 August	September	15 June - 31 July

How you can use your free childcare

You can use up to 15 hours of free childcare per week for 38 weeks of the year (during school term time). Some childcare providers offer stretched hours over more weeks if you use less than 15 hours per week.

What you need to know

Remember to reconfirm your eligibility every 3 months. If you apply more than 3 months before the term starts, you'll have to reconfirm your eligibility in your account to keep your code valid.

Childcare Choices

Childcare choices <https://www.childcarechoices.gov.uk/>

Use the online childcare calculator to find out how you can save on your childcare and support that is available.

cumberland.gov.uk

An Audience with Robbie Dee

A rare opportunity to get to know the man behind the microphone with all profits going to Cash for Kids

Thursday, 25th July at Harraby Theatre, Carlisle

7.00 – 9.00pm (doors 6.30pm) | Tickets £12 each

in aid of

cashforkids

Scan to get tickets

3 - Summer Charity event - Tickets £12 – with all profits going to Cash for Kids Hunger Pot.

Call Liz GM on 01228 537831

www.ticketsource.co.uk/harraby

<https://planetradio.co.uk/greatest-hits/charity/events/an-audience-with-robbie-dee/>

A rare opportunity to see and meet Robbie Dee behind the microphone.

Sell Your Unwanted Bargains | Come Grab A Bargain

INDOOR

TABLE TOP SALE

Saturday 11th May 2024

St James' Parish Centre | St James' Road | Carlisle | CA2 5PD

1pm- 2.30pm
£1 entry | Kids free

£6 per table (Bring a friend - 2 tables £10)
Tables and chairs included
Set-up from 12.30pm | Selling from 1pm

Book a table call: Claire- 07940652711



Follow us: "Table Top Sales Carlisle" for future events



Online Safety Newsletter May 2024

Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here: <https://smartphonefreechildhood.co.uk>

You may feel your child does need a phone, particularly if they are walking home by themselves but there are alternatives to the smartphone, including a watch, which are listed here: <https://smartphonefreechildhood.co.uk/alternatives>

If your child already has a smartphone then Internet Matters have a section on their website with advice on smartphone safety: <https://www.internetmatters.org/set-up-safe/>



Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:

- **Social media** (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes).
- **Cyberbullying**
- **Seeing inappropriate content**
- **Constantly connected/information overload**
- **Excessive screentime**
- **Negative impact on our sleep**



Further information

• Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-and-advice/digital-wellbeing/>

• The NSPCC provides further information about mental health including signs to look out for and how to get further support: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone', which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here: <https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.05.24.

Digital Addiction

Are you worried that your child is addicted to being online on their device? Recent research from Ofcom reported that "34% of parents of children aged 3-4 said it was hard to control it, rising to half (49%) of parents of children aged 16-17."* Bark have produced a blog which discusses what addiction is, how to recognise the signs and examples of what digital addiction can look like. You can find the blog here: <https://www.bark.us/blog/digital-addictions/>

*Source: <https://www.ofcom.gov.uk/research-and-data/media-literacy-research/children-and-parents-media-use-and-attitudes-report-2024> accessed 24.4.24



Online Gaming Safety Tips For parents/carers of neurodivergent young people

Internet Matters have published guidance outlining the benefits and risks of online gaming and how you can support your neurodivergent child. You can read the guide here: <https://www.flipsnack.com/internetmattersorg/guidance-for-parents-of-neurodivergent-gamers-internet-matters/full-view.html>

Misinformation online

There is a lot of information online that is incorrect/fake or misleading and it can sometimes be difficult for adults to distinguish between what is true and what is fake, never mind for younger people. We need to develop digital literacy skills in our children by encouraging them to think critically about what they read online and to fact check. Both the BBC and Channel 4 have fact checking areas on their websites:

- https://www.bbc.co.uk/news/reality_check
- <https://www.channel4.com/news/factcheck/>

One way to start the conversation would be to play a game such as "Can you spot the signs of fake news?" from the BBC: <https://www.bbc.co.uk/bitesize/articles/zwfm8hv>

Further information

- <https://saferinternet.org.uk/online-issue/misinformation>



Encountering violent online content starts at primary school.

New research commissioned by Ofcom reported that "all children who took part in the research came across violent content online, mostly via social media, video-sharing and messaging sites and apps. Many tell us this is before they have reached the minimum age requirement to use these services."

You can read more about Ofcom's findings here: <https://www.ofcom.gov.uk/news-centre/2024/encountering-violent-online-content-starts-at-primary-school>

Talking about online toxicity

Vodafone have published an article highlighting research which shows that "69% of preadolescent boys have encountered misogynistic content online". This article discusses how to approach this issue with your child and what to do if they start repeating negative views seen online. <https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/how-to-talk-to-your-teenage-sons-about-online-toxicity/>